

Amendments to the Claims:

The listing of claims will replace all prior versions, and listings of claims in the application:

Listing of Claims:

Claims 1 – 21 (cancelled)

Claim 22 (currently amended): A method of treating ~~or preventing~~ a variety of diseases or conditions including selected from the group consisting of:

premenstrual or menstrual disorders;

skin disorders; and

bone or calcium disorders, including osteoporosis;

said method comprising administration of a nutritional or pharmaceutical formulations comprising in combination a source of vitamin K and a source of at least one essential fatty acid (EFA), in which the concentration of vitamin K is not less than 1000 ug/100g.

Claim 23 (original): The method according to claim 22 in which the concentration of vitamin K is not less than 1000 ug/10g.

Claim 24 (original): The method according to claim 22 which provides a daily dose between 50 ug and 100 mg vitamin K and between 50 mg and 100 g of the EFA.

Claim 25 (original): The method according to claim 22 in which the form of vitamin K used is phylloquinone (vitamin K1).

Claim 26 (original): The method according to claim 22 in which the EFA is selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these EFAs.

Claim 27 (original): The method according to claim 22 in which the EFA is selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexenoic acid, and combinations of these EFAs.

Claim 28 (original): The method according to claim 22 in which there is at least one n - 6 EFA and at least one n - 3 EFA present, the n - 6 EFA(s) selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these acids, and the n - 3 EFA(s) selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexaenoic acid, and combinations of these acids.

Claim 29 (currently amended): The method according to claim 22 in which the active ingredient consists ~~essentially~~ of EFA and vitamin K.

Claim 30 (original): The method according to claim 22 further comprising one or more essential vitamins and/or minerals or one or more pharmaceutical drugs.

Claims 31 – 42 (cancelled)

Claim 43 (previously presented): The method according to claim 22 in which the formulation administered is a nutritional formulation.

Claim 44 (previously presented): The method according to claim 43 in which the nutritional formulation is a foodstuff.

Claim 45 (previously presented): The method according to claim 44 in which the foodstuff is based on milk from animal or vegetable source, or a dairy product.

Claim 46 (previously presented): The method according to claim 22 for the treatment or prevention of premenstrual syndrome.

Claim 47 (previously presented): The method according to claim 22 for the treatment of menstrual cramps.

Claim 48 (previously presented): The method according to claim 22 for the treatment of dermatitis.

Claim 49 (previously presented): The method according to claim 22 for the treatment of osteoporosis.